

# *51<sup>st</sup> Fighter Wing*

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*Integrity - Service - Excellence*

## **2012 Critical Days of Summer**



**Week 4: Sports and Rec, not  
Wreck**

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# Sports and Recreation.

## Sports and Recreation:

- Leading cause of mishaps in the Air Force
- During FY11 CDS there were 354 reportable mishaps involving military members, 3 were fatal.
- Common injuries include:
  - Tears of the ligaments
  - Tears of the tendons
  - Dislocated joints
  - Fractured bones, including vertebrae.
  - Muscle sprains and strains





# Sports and Recreation.

- **Sports:**
- **Do warm up/Cool down exercises before and after activities.**
- **Wear properly fitting shoes that provide shock absorption and stability.**
- **Wear Appropriate PPE for the sport you will be participating in.**
- **Know the rules of the sport.**



Feel the Thunder!



# Sports and Recreation.

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- Recreation
- Before engaging in recreational activities know the risks.
- Check the weather.
- Wear appropriate PPE for the activity.
- Don't wing it, get the appropriate training.
- Complete the AF Form 4391 before participating in high risk activities.
- Always let someone know when and where you will participating in high risk activities.



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Feel the Thunder!



# Sports and Recreation Links

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- [http://www.google.com/url?sa=t&rct=j&q=sports%20recreation%20safety&source=web&cd=134&ved=0CD0QFjAD0IIB&url=http%3A%2F%2Fwww.public.navy.mil%2Fnavsafecen%2FDocuments%2Fseasonal%2FSummer%2520Campaign%2FSafety\\_Tips\\_Recreation\\_2011%2520Autosaved.ppt&ei=Tx9FT6PkO4bhiAKbie3iDg&usq=AFQjCNE4IEcG3xABsfpGwtSb3EUXbz6A0w](http://www.google.com/url?sa=t&rct=j&q=sports%20recreation%20safety&source=web&cd=134&ved=0CD0QFjAD0IIB&url=http%3A%2F%2Fwww.public.navy.mil%2Fnavsafecen%2FDocuments%2Fseasonal%2FSummer%2520Campaign%2FSafety_Tips_Recreation_2011%2520Autosaved.ppt&ei=Tx9FT6PkO4bhiAKbie3iDg&usq=AFQjCNE4IEcG3xABsfpGwtSb3EUXbz6A0w)
- [http://www.niams.nih.gov/Health\\_Info/Sports\\_Injuries/default.asp](http://www.niams.nih.gov/Health_Info/Sports_Injuries/default.asp)
- [http://www.ok.gov/health/Disease, Prevention, Preparedness/Injury Prevention Service/Fact Sheets/Sports and Recreation/index.html](http://www.ok.gov/health/Disease_Prevention_Preparedness/Injury_Prevention_Service/Fact_Sheets/Sports_and_Recreation/index.html)
- <http://www.ohsu.edu/xd/health/services/doernbecher/patients-families/safety-center/parents/sports-rec/>